

Dress Right, Dress

AFI 36-2903, Table 2.2

One small, black, non-descriptive personal digital assistant, pager or cellular phone may be worn on the uniform belt. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

Tsunami disaster relief

The American Red Cross has two locations for people to make financial donations for the tsunami disaster. People can stop by the Spangdahlem AB chapel Tuesday and Wednesday from 11:30 a.m. to 1 p.m., or the ARC office at the Bitburg Annex, building 2001, Monday through Friday during normal duty hours. For details, call John Colburn at 452-9440.

MLK march, observance

A Martin Luther King Jr. commemorative march takes place Jan. 13 at 11 a.m. at the 52nd Fighter Wing headquarters, building 23, and ends at the 52nd FW chapel. Col. Dave Goldfein, 52nd FW commander, leads the march. An MLK observance service follows at the chapel at 11:45 a.m. The guest speaker will be Rev. Kevin Willis. Call the wing chapel at 452-6711 for details.

Post office closure

The Spangdahlem AB post office will be closed Jan. 17 in observance of Martin Luther King Jr. day. Normal hours will resume the following day.

New shuttle schedule

Effective immediately, the Spangdahlem AB shuttle bus will run extended hours. Check the schedule posted at the stops or the Intranet for current times. Call 452-6645 for details.

Load crew competition

The 52nd FW Weapons Load Crew of the Year competition takes place Jan. 13 at 7 a.m. at Hangar 1. The competition begins with toolbox and equipment inspections, an academic test and a dress and appearance inspection. The weapons loading competition begins at 8 a.m. with the 81st Aircraft Maintenance Unit and the 23rd Aircraft Maintenance Unit, followed by the 22nd Aircraft Maintenance Unit at 10 a.m. The competition ends at noon. The awards presentation will be held at the 52nd FW annual awards banquet. Call Staff Sgt. Dana Sawyer at 452-6273 for details.

Top this

See what makes for such mounting interest in the Bavarian Alpines at the Edelweiss Lodge and Resort in Garmisch, Germany.

Read "Military, DoD civilians relax, enjoy outdoors in Bavaria," on Page 7.



Eifel Times

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Spangdahlem Air Base, Germany

Jan. 7, 2005



Airman 1st Class Heather Frady

Capt. Milad Youssef, 606th Air Control Squadron air battle manager, gets a hearty welcome from Col. Thomas Groznik, 52nd Fighter Wing vice commander. The vice commander routinely interacted with deploying and returning wing members.

Col. Thomas Groznik's retirement ceremony

Today at
3 p.m. in
Hangar 1

The scheduled guest
speaker is:

Lt. Gen.

Glen Moorhead,
16th Air Force
commander

Groznik: 'It's like leaving home'

52nd Fighter Wing vice commander retires after 26 years of military service

By Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

A key player in both the 52nd Fighter Wing and the Air Force will soon hang up his flight suit following a 26-year Air Force career.

Col. Thomas Groznik, 52nd FW vice commander, celebrates his retirement and the end of an era with a ceremony at Hangar 1 today at 3 p.m.

"We're saying farewell to a tremendously important team player whose loyalty, insight and experience will be missed," said Col. Dave Goldfein, 52nd FW commander.

Colonel Groznik's long and prolific career has validated his colleagues' testimonials to his merit in the Air Force. A graduate of Akron University, Ohio, the colonel received his commission in 1978 through the Reserve Officer Training Corps program. Soon after, he entered active duty pilot training and has since commanded an A-10 fighter squadron, had tours in the Pacific and European commands and worked within NATO and at major command level.

Despite his current acumen in aviation, the colonel said his endeavors began with humble, if impulsive, ideas.

He was in the driveway of his home one afternoon with a friend who looked up to notice the contrails of an airplane

and remarked that, "it'd be neat to (fly)."

The colonel agreed and thus began his quest to seek college money and study aviation.

Colonel Groznik said his sudden interest in flying began that day without his even having been in a plane yet.

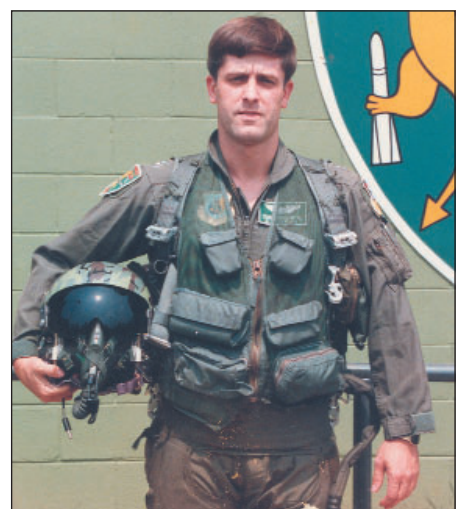
"The first time I'd ever flown in an airplane was summer camp between my sophomore and junior year of college on an airline ticket the Air Force purchased to send me to training. The rest is history," he said.

The vice commander's reflections are proportionate to his vision of the present and future. He expressed his esteem for today's Airmen, who he says have adapted and weathered change impressively.

"My hat's off to the young folks -- not only in the pilot world but throughout the Air Force. As I look back, I'm not sure I could do what our young Airmen do today," he said.

"Either we're doing a great job training, or kids are smarter than I ever was. The bar is set high, and our folks at Spangdahlem (AB) continually exceed that high bar," he added.

In pondering the greatest lesson he gained from the Air Force, the colonel



Courtesy photo

Col. Groznik poses at Suwon Air Base, Republic of Korea. He was the world's newest mission-ready A-10 Warthog fighter pilot in July 1984.

said the answer is simple: teamwork.

"The most significant impression I'm left with is how much more you can do as a team than as an individual," he explained.

"Twenty-six years in the Air Force has taught me that there's more than one team. Everything from a flight to a major command and so on comprises a huge productive force," he said.

See **GROZNIK**, Page 2

Combat Wingman: More than just a catch phrase

By Gen. Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) -- Do you have a Wingman? Have you checked in yet? We've all heard these catch phrases thrown around for the past two months, but have you really taken them to heart? Being a Wingman is not just about making a formalized commitment on a Wingman card -- it's about checking each other's six and going the extra mile to take care of your fellow Airmen.

Although we've put the holidays behind

us and rung in the New Year, we need to remember that for many people the winter months can be a time of increased stress, depression and mishaps. Some families are separated from their deployed loved ones while others are here in Europe on unaccompanied assignments. That's why there is no better time than now to step up our commitment to our fellow Airmen. People are talking about the Combat Wingman program, and that's great.

Special
from
USAFE



DUI is too many. We'll also continue to fight against suicides in our Air Force community, and we do that through constant vigilance. There are some things that are out of our control, but giving Wingman consideration isn't one of them. As Airmen, looking out

for each other is a part of our core values, and if doing so can help brighten someone's day or prevent an accident or a death, then Combat Wingman is a success in my book.

Whether over the skies of Afghanistan, on the airfields in Iraq or at home station, we need to remain vigilant and keep each other safe throughout the year. By participating in Combat Wingman, we reinforce our existing commitment to each other on a personal level. Have you made a Wingman commitment yet? If not, it's time to check in!

It's now time to take it to the next level by strengthening these commitments and truly looking out for each other. Although we decreased DUIs in USAFE in 2004, the fact is that even one

Groznik

Continued from Page 1

“It’s not just an interoperability of individuals on a small team, but an interoperability of teams working together. One of the largest teams is the United States of America,” he said.

Former 52nd Fighter Wing commander Brig. Gen. Stephen Mueller echoed the concept of teamwork and praises from those who have also worked with Colonel Groznik.

“Colonel Groznik has proven that diligence and caring for the people you lead can make a difference,” the general said.

“His legacy will no doubt be the quality of life improvements he made while he was a deployed commander,” added General Mueller. “He dramatically improved Bagram Air Base (Afghanistan), on his recent deployment there as operations group commander, and his reputation was made as a deployed commander in Kuwait.”

Despite his seasoned warrior mentality, Colonel Groznik seemed unexpectedly moved when he considered the idea of leaving Spangdahlem AB. His voice trembled through stifled tears.

“It’s going to be hard to leave here. The friends I’ve made have truly become family. It’ll be an emotional time. It’s like leaving home,” he said.

Spangdahlem AB drivers end year with final tally of 46 DUI violations

By David A. Barker
52nd Security Forces Squadron

Spangdahlem Air Base ended 2004 with a total of 46 DUIs. This was one more than last year.

Team Eifel’s 46th DUI occurred Dec. 25. A 52nd Aircraft Maintenance Squadron senior airman blew a 0.18 on a breathalyzer test. The Airman was also cited for reckless endangerment after passing an accident scene along the B-50.

In the past three weeks, Team Eifel members were involved in eight major collisions and 43 minor accidents.

The first major collision occurred near the Bitburg Gas station in Bitburg

Moetsch. A wing member turned and was hit by a motorcycle. Failure to yield caused the collision.

The second major crash occurred near Aachen, Germany, on the A-4. Inattentive driving caused this crash.

The third major crash was on the A-60 at the Spangdahlem exit. Speeding caused this collision. The driver passed a car on the autobahn during red road conditions.

The fourth major crash was on B-50 and was the result of speeding. This crash was near the Albachmuhle hotel.

The fifth major crash occurred on the A-60 at the Landscheid exit. Polizei cited the operator for inattentive driving.

Major crash number six was the result of speeding and occurred on the L-46, heading toward A-60.

Team Eifel’s seventh crash was on the A-60 between the Wittlich and Landscheid exit. While passing another vehicle and speeding, the driver spun out.

Inattentive driving caused the last major crash at the L-46 traffic circle near the A-60 entrance.

Team Eifel members were involved in 43 minor accidents: 19 were from speeding, two occurred in parking lots, seven were from improper backing, eight were from inattentive driving, one was from wildlife, one was from failure to yield, one was a result of tailgating and four were from others at fault.

Airmen receive court martials, Article 15 punishment

Staff reports

Airman Basic Matthew Tenney, 52nd Equipment Maintenance Squadron, was tried by court-martial Dec. 13 at the federal courtroom at Spangdahlem Air Base’s Legal Office.

Airman Tenney received a federal conviction after he pleaded guilty to wrongfully possessing and using marijuana on numerous occasions and to wrongfully using hallucinogenic mushrooms.

The Airman also pleaded guilty to breaking a restriction to base that his commander imposed on him as part of an earlier Article 15 punishment.

After fully litigating the Article 134 Uniform Code of Military Justice offense, the Airman was also found guilty of wrongfully threatening a civilian military family member. A military judge sentenced Airman Tenney to 320 days confinement and a bad conduct discharge.

Senior Airman James Garza, 52nd Security Forces Squadron, was tried by court-martial Dec. 15 at the federal courtroom at Spangdahlem’s Legal Office.

Airman Garza received a federal conviction after he pleaded guilty to three counts of larceny and attempted larceny. Airman Garza stole an ATM card from a co-worker who lived in the dorms. He used it both in Germany and while deployed to Kuwait and charged more than \$2,500 over a one-week period.

He continued to try to use the card, even after the card was finally rejected by the ATM machines. The panel of military members sentenced Airman Garza to reduction to the rank of airman basic, a fine of \$2,500, a reprimand and six months confinement.

Articles 15

During the months of October through December, 27 Spangdahlem AB Airmen received non-judicial punishment under Article 15 of the UCMJ.

♦ An airman first class assigned to the 52nd Aircraft Maintenance Squadron violated Article 86 on two occasions by failing to go to his appointed place of duty. The commander imposed a reduction to airman.

♦ An airman first class assigned to the 52nd AMXS violated Article 86 on two occasions by failing to go to his appointed place of duty. The commander imposed 30 days extra duty and a reprimand.

♦ An airman first class assigned to the 52nd

AMXS violated Article 108 by damaging an aircraft. The commander imposed a reduction to airman.

♦ An airman first class assigned to the 52nd Civil Engineer Squadron violated Article 92 by wrongfully drinking alcohol while on standby duty, Article 111 by driving drunk and Article 112 by being drunk while on duty. The commander imposed a reduction to airman, with a suspended reduction to airman basic and a reprimand.

♦ A staff sergeant assigned to the 52nd Dental Squadron violated Article 92 on two occasions by operating an unregistered vehicle and operating a vehicle beyond the scope allowed by her temporary driving privileges. The commander imposed a reduction to senior airman and 30 days restriction to the base.

♦ An airman first class assigned to the 52nd Logistics Readiness Squadron violated Article 128 on two occasions by assaulting another active duty member. The commander imposed a suspended reduction to airman and 45 days extra duty.

♦ A senior airman assigned to the 52nd Operations Support Squadron violated Article 134 by writing checks from an account in which he failed to maintain sufficient funds. The commander imposed forfeitures of \$250 pay for two months, 30 days extra duty and a reprimand.

♦ A first lieutenant assigned to the 22nd Fighter Squadron received non-judicial punishment after he violated Article 128 by assaulting a law enforcement official, and Article 133 by being drunk and disorderly while in uniform.

♦ A senior airman assigned to the 52nd AMXS violated Article 91 by being disrespectful toward NCOs, Article 92 by misusing his government travel card and Article 107 by making a false official statement. The commander imposed a reduction to airman first class.

♦ An airman first class assigned to the 52nd AMXS violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman, 21 days extra duty and a reprimand.

♦ An airman first class assigned to the 52nd CES violated Article 134 by failing to pay debts. The commander imposed a reduction to airman and forfeitures of \$668 pay for one month.

♦ A senior airman assigned to the 52nd

Communications Squadron violated Article 86 by failing to go at the time prescribed to his appointed place of duty, and Article 128 by unlawfully striking a civilian. The commander imposed a reduction to airman first class, suspended forfeitures of \$792 pay for two months conditioned upon successful completion of an anger management course and issued a reprimand.

♦ A technical sergeant assigned to the 52nd CS violated Article 134 by writing checks and failing to maintain sufficient funds. The commander imposed a suspended reduction to staff sergeant; forfeitures of \$1,183 pay per month for two months, with forfeitures of \$591 pay per month for two months suspended and 15 days extra duty.

♦ An airman first class assigned to the 52nd EMS violated Article 134 by performing an indecent act in public and being drunk. The commander imposed a suspended reduction to airman, 14 days restriction to base and 14 days extra duty.

♦ An airman first class assigned to the 52nd EMS violated Article 108 by damaging government property, and Article 134 by being drunk and disorderly. The commander imposed a suspended reduction to airman, forfeitures of \$400 pay per month for two months, 21 days restriction to base and 21 days extra duty.

♦ A master sergeant assigned to the 52nd Fighter Wing violated Article 111 by driving while intoxicated. The commander imposed a suspended reduction to technical sergeant, forfeitures of \$500 pay per month for two months and a reprimand.

♦ A senior airman assigned to the 52nd Medical Operations Squadron violated Article 112a by wrongfully using marijuana. The commander imposed a reduction to airman basic, 45 days extra duty and a reprimand.

♦ A senior airman assigned to the 52d Mission Support Squadron violated Article 112a by wrongfully using marijuana. The commander imposed a reduction to airman first class.

♦ An airman first class assigned to the 52nd AMXS violated Article 92 by operating a vehicle without being properly licensed, and Article 134 by wrongfully leaving the scene of an accident. The commander imposed a reduction to airman and 30 days correctional custody.

♦ A staff sergeant assigned to the 52nd AMXS violated Article 134 by committing adultery. The commander imposed forfeitures of \$200 pay per month for two months, 30 days extra duty and a reprimand.

♦ An airman first class assigned to the 52nd AMXS violated Article 111 by driving while intoxicated, and Article 92 by allowing another active duty member to drive his vehicle without a valid USAREUR driver’s license. The commander imposed a reduction to airman and 30 days correctional custody.

♦ An airman first class assigned to the 52nd CS violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman, forfeiture of \$668 pay for one month and 45 days extra duty.

♦ A senior airman assigned to the 52nd EMS violated Article 107 by making a false official statement, and Article 86 on two occasions by failing to go at the time prescribed to his appointed place of duty. The commander imposed a reduction to airman first class, 45 days extra duty and a reprimand.

♦ An airman assigned to the 22nd FS violated Article 86 on four occasions by failing to go at the time prescribed to his appointed place of duty. The commander imposed 30 days restriction to base and 45 days extra duty, with 30 days suspended.

♦ A staff sergeant assigned to the 52nd Maintenance Operations Squadron violated Article 128 by unlawfully striking a civilian and Article 134 by wrongfully communicating a threat. The commander imposed a suspended reduction to senior airman, conditioned upon successful completion of an anger management course, and a reprimand.

♦ An airman first class assigned to the 52nd Medical Support Squadron violated Article 128 by unlawfully striking another active duty member, and Article 128 by unlawfully pushing another active duty member. The commander imposed 30 days extra duty.

♦ An airman first class assigned to the 52nd MSS violated Article 121 by wrongfully using the credit card of another active duty member for personal use, and Article 91 for failing to obey a lawful order of a senior NCO. The commander imposed a suspended reduction to airman, 15 days restriction to base and 15 days extra duty.





Airman 1st Class Eydie Sakura

Top Saber Performer

Name: Staff Sgt. John Vance
Unit: 52nd Security Forces Squadron Mobility Section
Duty title: Mobility NCOIC
Hometown: Pittsburgh
Years in service: Nine
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Vance spearheads all aspects of the 52nd SFS deployment program. This involves training personnel, building cargo and managing several Air Force-level programs. An integral part of this preparation is a two-week pre-deployment training program that includes vehicle certification, convoys, communication systems, cultural awareness and other areas. Sergeant Vance also manages an ammunition account valued at more than \$100,000. Sergeant Vance plays a key role in planning upcoming 52nd Fighter Wing training missions.

Off-duty volunteerism and professional development pursuits: I am pursuing a criminal justice degree through the University of Maryland University College.
What do you do for fun? I like to watch football, especially the Baltimore Ravens.
What do you like most about being stationed here? I enjoy the travel opportunities. I recently saw Prince in concert in Munich. You just can't do things like that back in the States.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see more handicapped access. I have spent the last four months in an orthopedic boot, and it really has changed my perspective.

Wing lauds 38th MMG C-I winners

Staff reports

The 52nd Fighter Wing congratulates the 2004 38th Munitions Maintenance Group Communication and Information award winners. They will go on to compete at the 38th Combat Support Wing and higher levels.

Communications-Electronics Systems Outstanding Airman: **Senior Airman Daniel Ray**, 702nd Munitions Support Squadron, Buechel Air Base, Germany; Communications-Electronics Systems Outstanding NCO: **Tech. Sgt. Todd Borger**, 702nd MUNSS; C and I Outstanding company grade officer: **Capt. Shawn Kitchen**, 703rd Munitions Support Squadron, Volkel Air Base, Netherlands; Information Management Outstanding

Airman: **Senior Airman Tiffany Varela**, 702nd MUNSS; Information Management Outstanding NCO: **Staff Sgt. Andrew Pence**, 702nd MUNSS; Communications-Computer System Outstanding NCO: **Staff Sgt. Traci Gaines**, 701st Munitions Support Squadron, Kleine Brogel, Belgium; Communications-Computer Systems Outstanding senior NCO: **Master Sgt. Norman Cardin**, 701st MUNSS; Postal service Outstanding NCO: **Tech. Sgt. Michael Parker**, 703rd MUNSS; Information Assurance Professional: **Staff Sgt. Sean Noonan**, 702nd MUNSS; Lt. Gen. Grant Award: **702nd MUNSS Communications Flight**; Small postal facility: **702nd MUNSS**; Small workcenter: **701st MUNSS**.

Saber connect



Airman 1st Class Stacey Moless

Col. Dave Goldfein, 52nd Fighter Wing commander, discusses wing mission goals with Capt. Paul Lysko, 52nd Aircraft Maintenance Squadron, 23rd Aircraft Maintenance Unit assistant officer in charge. Captain Lysko shadows Colonel Goldfein for the day as part of the *Commander's Mentorship Program*. A Downingtown, Penn., native with four years of Air Force service under his belt, Captain Lysko said he had a "very interesting experience observing how the commander communicates his vision and sets the tone for the wing through his interactions with everyone."

Eifel Salutes

52nd Mission Support Group

Location, location, location ... **Senior Master Sgt. Judy Siano** and **Staff Sgt. Theresa Mensinger** helped a wing weapons manager weather an assignment issue for one of his troops. This firefighter is *smokin'* ... **Senior Airman John Brownfield** scored a perfect 100 percent on his Fire Officer I career development course exam while working downrange.

52nd Operations Group

There was nothing out of "sorts" for **Staff Sgt. Richard Henry**, who brilliantly managed the status of resources and training systems program as a 22nd Fighter Squadron commanding officer.

52nd Maintenance Group

She's "tech-tacular!" **Senior Airman Yvonne Jones** inventories more than 1,500 technical orders and job guides for the 81st Aircraft Maintenance Unit to ensure maintainers have the right guidance to do their job. **Master Sgt. John Collier**, **Tech. Sgt. David Grimes** and **Staff Sgts. James Toombs** and **David Hatch** deployed on short notice to launch and recover A-10s at Sigonella Naval Air Station in support of Air and Space Expeditionary Force 2. We don't doubt the abilities of this Thomas ... **Tech. Sgt. Thomas Mefford** maintains government-owned vehicles for the 81st AMU and helped implement the tool accountability system to keep positive control over thousands of tools. Keeping the record straight are **Staff Sgts. Eddie Marlon** and **Anthony Bennett**, who helped ensure hundreds of aircraft maintenance actions are documented properly each month in the core automated maintenance systems.

52nd Medical Group

They made sure there was a silver lining in

the new unit fitness program ... **Tech. Sgts. Nicole McCloud** and **Bonnie Miller** took the lead in assisting individual and squadron fitness monitors, ensuring the combat medics are fit to fight. And so go the "Phase of Our Lives" for **Staff Sgt. Jason Gonzalez**, who did a magnificent job getting the wing's combat medics ready for processing during the last Phase I exercise. Where there's a skill there's a way for **Staff Sgt. Vanessa Evans**, who did a superb job training the functional chiefs on readiness skills verification. Here's the lowdown on the **health and wellness center** and **flight medicine staffers**, who hit a new "low" when it came to offering guidance and support in lowering clients' cholesterol. Some no longer even need medication thanks to their efforts. You "'CO" girl -- **Staff Sgt. Khalisha Savage** won the U.S. Air Forces in Europe GEICO award and will now compete at Air Force level. There was nothing "yellow" about this rose ... **Airman 1st Class Elizabeth McDowell** selflessly volunteered to escort a wing Saber to Texas with less than 12 hours notice. This captain reacted during crunch time ... **Capt. John Bowers** recently assembled a number of wing agencies during an emergency situation.

38th Munitions Maintenance Group

Hats off to the man who wears many hats: **Tech. Sgt. Britt Tobin** serves as NCOIC in the maintenance support section, as equipment manager, and maintenance team chief and brings flawless service to the 703rd Muniton Support Squadron Flight in Ghedi, Italy.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Airman 1st Class Eydie Sakura

Top Saber Team

Unit name: 52nd Security Forces Squadron Mobility Section

A brief description of unit responsibilities: The section manages all aspects of the 52nd SFS mobility program, ranging from peacetime and contingency support to wartime tasks. The team members ensure requirements are met for all logistical aspects of 45 mobility increments, comprising more than 900 items valued at about \$9 million. All aspects necessary for effective deployment of 23 unit type code taskings are handled, ranging from training to personnel issues for 115 mobility positions. The mobility section also maintains the 52nd SFS computer security account, air and space expedition force reporting tool and status of resources and training systems.

Number of members: Three: Staff Sgt. John Vance, Capt. Steven Stone and Staff Sgt. Evan Hubbard

How does the team fit into the 52nd Fighter Wing's mission? The mobility team has provided training to three other squadrons ranging from all-terrain vehicle operation to ground combat skills. When an Air Force-level team arrived here, members of the mobility team were selected to brief the team since the 52nd SFS is one of the most tasked units in the wing. The mobility section has been the focal point for several different equipment systems within the 52nd FW, including during the NATO tactical evaluation. Additionally, the mobility section was an integral part of several 52nd FW training exercises across Europe. **Team's other contributions through the year?** During the past six months, the mobility section has deployed air base defense specialists in support of Joint Task Force Liberia, Operation Iraqi Freedom and Operation Enduring Freedom. For the last Air Expeditionary Force, the mobility team managed the largest AEF deployment in unit history while simultaneously completing the largest AEF re-integration in unit history. More than 50 troops had been gone on temporary duty for four different courses in the same time frame. The 52nd SFS trained more than 77 troops over the course of a two-week training program.

Wing commander receives white top car

By Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

The 52nd Fighter Wing commander received a freshly painted white top staff car at a small ceremony Dec. 17 at the vehicle maintenance building here.

Many staff cars at Spangdahlem Air Base look the same, and with this re-introduction of the white top staff car, Team Eifel Sabers will more easily identify the base commander and render proper customs and courtesies to their wing leadership.

"The white top car is an Air Force tradition spanning back several decades," said Lt. Col. John Doherty, 52nd FW director of staff. "The genesis of the white top was not to highlight a specific individual, but rather the unique position of wing commander."

Working on the white top staff car was a team effort.

"I was very excited about the opportunity to participate in such a high profile project," said Staff Sgt. Chris Chambers, 52nd Logistics Readiness Squadron vehicle body repairman. "I am proud to show the wing the quality work the allied trades section is capable of producing."

Producing quality work through "excellence in all we do," is a key component for Spangdahlem AB.

Air Force protocol calls for all military members to salute a marked government vehicle as soon as the member recognizes the vehicle and to hold that salute until the vehicle has passed, or the salute has been returned.

Displaying the proper respect to a base commander while he is out performing his duties is a part of Air Force heritage, and Team Eifel Sabers should keep their eyes open for the new, one-of-a-kind vehicle around base.



Tech. Sgt. Andrew Rodier

Col. Dave Goldfein, 52nd Fighter Wing commander, receives his freshly painted white top staff car during a small ceremony Dec. 17 at the 52nd Logistics Readiness Squadron vehicle maintenance building. The wing commander's staff car will be easily recognizable by the dark blue color with the white top. Sabers are reminded to show proper respect for wing leadership while they are traveling in government vehicles and should render appropriate customs and courtesies. The 52nd LRS vehicle management flight painted the car. Team members include: Tech. Sgt. Jose Aguirre, Staff Sgt. Chris Chambers, Senior Airman Joshua Champagne and Mr. Josef Dominik.

Recognition Ribbon

More Airmen eligible for AF team awards, decorations

By Tech. Sgt. David A. Jablonski
Air Force Print News

More Airmen can wear the Air Force Recognition Ribbon for winning service-level competitions and awards.

A recent change to an Air Force instruction allows members of small teams participating in events such as security forces' Defender Challenge, Air Mobility Command Rodeo or the William Tell competition at Air Combat Command to wear the decoration.

In the past, named individuals who received Air Force-level special trophies and awards listed in Air Force Instruction 36-2803 "The Air Force Awards and Decorations Program," could wear the ribbon. The instruction expanded Dec. 6 to include individual members identified as part of a small team.

A small team is defined as below flight level. Examples include a team for a specific event, an airlift or missile crew of the year, or a weapons load crew.

"These war fighters have shown superior skills and abilities in Air Force-wide competitions, and deserve this recognition

which says they and their team are the 'best in the Air Force'," said Air Force Vice Chief of Staff Gen. T. Michael Moseley.

"War fighters from all branches of the military benefit from these talented Airmen, regardless if it is work being done (using) mobility expertise, or striking targets. We have the most professional, the most competent, and the most lethal Air Force ever. Incorporating these honed war-fighting skills, problem-solving methods, and understanding of tactics into operational war-fighting scenarios, competitions and composite force training pays huge dividends to the force as a whole ... Recognizing their professionalism and excellence is most appropriate," General Moseley said.

"This ribbon will be awarded to individuals and teams at competitions like AMC's Rodeo, ACC's Gunsmoke and William Tell. These are perfect opportunities to showcase America's air and space power and to recognize the finest Airmen who have ever worn the uniform of the United States Air Force," he said.

According to Maj. Dan Anderson, Air Force chief of recognition and com-

manders' programs, the determining factor in eligibility is either individual achievement or achievement of a small team where the contribution of the member was integral to the success, as opposed to organizational groups where an individual contribution could vary widely.

Awards must be earned via a competitive process. Winners in private organization competitions must be nominated by the Air Force and have won in an Air Force-wide competition.

Although the official implementation date for policy change was Dec. 6, eligibility under the revised criteria is retroactive to the inception date of the ribbon.

The Air Force chief of staff authorized the Air Force Recognition Ribbon in 1980 for named individual Air Force recipients of special trophies and awards with the exception of the 12 Outstanding Airmen of the Year nominees.

The complete instruction governing the ribbon, AFI 36-2805, "Special Trophies and Awards," is being revised to reflect the recent change.



Staff Sgt. Jennifer Lindsey

Fuel for thought

Staff Sgt. Franklin Newbery, 52nd Aircraft Maintenance Squadron crew chief (left), currently deployed downrange, teaches Col. Derrick Hoxie III, 455th Air Expeditionary Wing deputy commander, how to take oil and fluid samples from a recovered A-10 Warthog Dec. 25. The colonel, the 552nd Air Control Wing deputy group commander deployed from Tinker Air Force Base, Okla., participated in the squadron's Crew Chief for a Day program, offering deployed Airmen the opportunity to experience working on fighter jets.

Integrity



Service Before Self



Excellence in All We Do

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

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Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

December Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	277	265	-12
23FS	304	233	-71
81FS	405	405	0

*Delta is contract vs. sorties flown to date.

Through Dec. 31

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Jan. 7, 2005

Page 5

Heritage

Wing Saber takes pride in significance of military service across the decades

By Maj. Christian Ruefer
52nd Fighter Wing Contracting Squadron

I'm fortunate enough to have known both sets of my grandparents and some of their siblings as well. These were people who grew up in the "roaring '20s," knew the trials of the Great Depression first hand and had personally answered the call to defend our freedom after the Dec. 7, 1941, attack on Pearl Harbor.

I grew up in awe of these people, fascinated by any bit of their personal part in these historic events I could convince them to share with me. Specifically, I couldn't get enough of their stories from World War II: a grandfather who joined the Navy at 40 and "island hopped" his way across the Pacific as a Seabee, a great uncle who served as a bomb disposalist with the 12th Air Force in North Africa and Italy, and his wife who served as a ration board member in Baltimore while he was overseas for more than three years. These people were my heroes and made me proud to be an American.

Perhaps as a result of these family experiences, I found myself more and more interested in the military. My own father, who served in the Air Force at Patrick Air Force Base, Fla., just as our space program took its first tentative steps toward the moon, would bring me every year to the

"We stand together to fight an enemy who would rob us of our life and liberty just as the tyrants of wars past sought and failed to do. We can never forget that what we do as members of the military will be of lasting significance to our nation and families."

Andrews Air Force Base, Md., Armed Forces Day open house outside of Washington. I also vividly remember a visit to MacDill Air Force Base, Fla., in the '70s -- rows and rows of tough-looking F-4s lined up wing tip to wing tip. As time went on, I began to come into contact more often with active duty military members and not just military hardware. I came to realize there was a sense of camaraderie, pride and family that went with military service. I looked forward to a time when I might be a part of that family too.

Flash forward to Nov. 11, 2004, in the Meuse-Argonne American Cemetery and the Veteran's Day memorial service orchestrated by 52nd Fighter Wing Sabers. The cemetery grounds were

strikingly beautiful on the cold but clear late fall day. The 14,246 American World War I soldiers buried there are a testament to the courage, service and sacrifice often associated with military service.

As I stood to watch the ceremony unfold and listen to the speakers, I was struck by two things. All of us serving today are taking part in momentous historical events right now. As our wing commander said during the memorial, "This is our time." We stand together to fight an enemy who would rob us of our life and liberty just as the tyrants of wars past sought and failed to do. We can never forget that what we do as members of the military will be of lasting significance to our nation and families.

Second, though I know personally only a portion of the Sabers gathered at Meuse-Argonne that day, I was struck by the fact that I really am a part of that military family I first encountered so many years ago -- what a fantastic honor.

Like most of you, I'd suspect, I don't often spend much time reflecting on my military service this way -- the daily demands of our jobs and personal lives require our focused attention. I encourage you though, as the opportunities arise, to consider the proud heritage we share and the unique and enviable family we belong to today.

Productivity

Veg Out! Senior NCO realizes 'waist is a terrible thing to mind,' advises Airmen to spend free time staying in shape

By Master Sgt. Sean E. Cobb
52nd Fighter Wing Public Affairs Office

I have a confession to make ... I used to be an Air Force couch potato.

You know the kind. I was so tired from sitting in front of my computer at work that when I got home, I would fall into my lounge chair and watch television until bedtime.

Hey, why did I need to work out -- I passed the cycle ergometry test every year, didn't I?

I was not into playing ball with the children, bicycling down to the park or jogging around the block -- I was exhausted already. How could I be expected to exercise when I was putting in long hours and busting paperwork out left and right?

Then my office initiated a mandatory fitness program.

"What's up with this?" I thought. "Doesn't the Air Force know I am over tasked as it is and that I have work to do?"

However, there it was, my leaders were requiring me to exercise twice a week for at least thirty minutes every time. The Air Force was even encouraging me to exercise more on my own time. Right, like that was going to happen.

Still, I have impressionable young troops working for me, and it was mandatory ... so I put down my coffee cup and donut and headed for the gym.

Man, was I tired when I got there. I had to walk

in from the far end of the parking lot because a bunch of other people from the wing were working out.

I wonder if I could have started my stopwatch when I left my car, I was a little out of breath ...

So there I was, standing in front of a stair-stepping machine. When I was younger, I used to be pretty good at that, so I figured, why not give it a try? At least it wouldn't be that wimpy cycling everyone else was doing. Besides, all the bikes were taken.

Big mistake. I hadn't worked out since my last fitness test, and my calves were screaming the next morning. Great. I was tired like before, and now I was sore and smelled of Icy Hot.

Still, after a few weeks, my body stopped screeching at me to cease and desist and actually began responding to the extra demands put upon it. I could do more push-ups than my seven-year-old son and that long walk into the gym became just a warm-up.

As more time passed, I realized I wasn't tired all the time. I could type pages and pages without breaking a sweat and still have the energy to throw some weights around at lunch time.

I have lived a fitter lifestyle for several years now. Exercising and eating healthier foods has positively affected my life. I travel, play sports

and wrestle with my children now.

Do I still watch television and partake of coffee and donuts every once in a while? Sure I do. However, those sedentary and unhealthy activities are not my whole life, and the couch is simply something I flop onto after going full speed all day.

These days, the Air Force has its entire leadership focused on fitness, from the chief of staff down. We have FitLinxx, Combat Fitness and an array of local sporting activities, fitness events and rewards to help shape us into a fitter force.

There are many reasons the Air Force wants fit warriors on the job. Fit people take fewer sick days, are more productive and are physically and mentally prepared for the rigors of deployments and combat.

However, there is a lot of personal satisfaction too. I have the energy to accomplish what I want. My body feels like a finely-tuned machine after running several miles, and I know I still have enough juice left in the tank to bust out some sit-ups and crunches. I feel alive at the end of the day, not drop-dead tired.

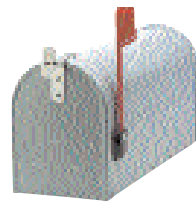
So take it from me, a former couch potato, lead a fitter lifestyle and you will lose that couch and probably a few pounds in the process.





Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



SAC meeting

The Bitburg High School School Advisory Council meeting takes place Monday at 3:30 p.m. at the BHS media center. This forum is a group of high school parents, teachers and students who meet monthly to advise the administration on matters affecting the educational processes at the high school. BHS parents are encouraged to attend and participate. For details, call Mia Checkley at 452-6559 or e-mail her at maria.checkley@spangdahlem.af.mil.

JAM meeting

The next Just Airmen meeting for all E-4 and below is Tuesday at 11:30 a.m. at the Mosel Hall dining facility. JAM is discussing upcoming trips, events and volunteer opportunities. For more information, call Airman 1st Class Jennifer Peterson at 452-6763.

Book club

January's book of the month is, "The Couple's Guide to Love and Money" by Jonathan Rich. The book club meets Thursday from 11:30 a.m. to 1 p.m. at the Spangdahlem Family Support Center, building 307. People are encouraged to bring a lunch, and books can be ordered online. For more information or to sign up, call the FSC at 452-6422.

Freecycle

Wing members have a new way to recycle by posting or claiming items on the local "Freecycling" Web site. Here, people can reduce the amount of waste going into landfills or give new life to used items. Wing members can join the Freecycling group to obtain or donate free items. To join, visit www.groups.yahoo.com/group/spangbitfreecycle from a home computer.

Hidden heroes needed

The Spangdahlem AB Military Personnel Flight needs volunteers in customer service, outbound assignments, employments, separations and retirements or career enhancements. Volunteers are welcome to rotate through these offices to get a feel for all the programs the MPF touches. For more information, call Master Sgt. Janeen Polen at 452-6344.

Deployed books program

The U.S. Air Forces in Europe "Read and Release: Deployed Books" program will deliver free, specially-marked books around the base. Pick up the books, read them, log them on the Web site and pass them on for others to enjoy. People can track where the books go on the same Web site at www.usafelibraries.org or www.bookcrossing.com. For details, call the Spangdahlem library at 452-6203 or 0656161-6203.

Boy Scouts

The Boy Scouts merit badge workshop takes place Feb. 5 from 8 a.m. to 5 p.m. at Spangdahlem AB. The Boy Scouts need merit badge counselors in fields such as fire safety, law, cinematography, painting or atomic energy. For details, call Senior Master Sgt. Daniel DeMers at 452-6016.

Breakfast burritos

The Mosel Hall Dining Facility now has breakfast burritos available during its midnight meal time from 10:30 p.m. to 1 a.m. or from 5:30-8 a.m. Eat in or take out. For more information, call Tech. Sgt. Kimberly Lawrence at 452-6727.

Family advocacy news

For more information about the following classes, call family advocacy at 452-8279 or 0656595-8279.

- ♦ Art of Relationship: A couple's communication workshop, Thursday and Jan. 20, 2:30-4:30 p.m., Bitburg Annex, building 67, third floor
- ♦ Passport to Parenthood: For expectant women (third trimester) and their partners, Jan. 26, 1-4 p.m., Spangdahlem AB, building 307
- ♦ Anger Management, each Tuesday, 9-10:30 a.m., Bitburg Annex, building 161, third floor
- ♦ Caring for Children Through Divorce, second Tuesday of each month, 1-2:30 pm., Bitburg Annex, building 161, third floor

Single parents

The single parents support group meets each third Thursday of the month

from 11:30 a.m. to 1 p.m. at the Spangdahlem Family Support Center, building 307. Lunch is provided. For details, or to sign up, call the FSC at 452-6422.

Playgroups

The family advocacy playgroups are open to all parents, including fathers, with infants to pre-schoolers. For details, call family advocacy at 452-8279 or 0656595-8279.

- ♦ Each Tuesday, 10 a.m. to noon, Spangdahlem AB housing, building 409-C, lower level

- ♦ New -- Dads of pre-schoolers and male spouses of military people, each Wednesday, 10 a.m. to noon, Bitburg Annex, building 2012

- ♦ Each Thursday, 10 a.m. to noon, Bitburg Annex, building 2012

Winter Wonderland Fest

The family child care provider support group hosts its Winter Wonderland Fest for all family child care children Jan. 21 from 10 a.m. to noon at the Bitburg Annex Community Center, building 2012. There will be various activities for children, including goodie bags and a sack lunch. Parents are encouraged to attend and bring a wrapped book to exchange (no more than \$5 per child). For details, call Anne Pineda-Moore at 06561-946996 or 0176-210-53633 or e-mail her at apmooreap@hotmail.com.

AA meetings

Alcoholics Anonymous meets each Tuesday and Friday at 7:30 p.m. at the Bitburg Annex, building 2015. For more information, call 01803-224-357 or 0175-749-3695.

Al-Anon meetings

The Al-Anon family groups meet each Sunday at 6 p.m. at the Bitburg Annex, building 2015. Al-Anon offers a self-help recovery program for families and friends of alcoholics. Members give and receive comfort and understanding through mutual exchange of experiences, strength and hope. For details, call 0175-749-3695.

Chapel Services

MOPS news

The Mothers of Pre-Schoolers meeting takes place Monday at 9:30 a.m. at Spangdahlem AB, building 139. MOPS is a support group for mothers and their children up to five years old. They have guest speakers, crafts, discussion time, food and childcare. The group also needs people to help with their children's programs for a few hours each month. The time volunteered involves two Mondays a month to help watch the children. For details, e-mail questions to spangmops@yahoo.com or call Michelle Cargile at 06565-955852 or Debra Kirchmeier at 02692-932340.



MLK remembrance service

Celebrate the contributions and the ongoing legacy of Dr. Martin Luther King, Jr., in a remembrance ceremony Thursday after the 11 a.m. MLK march starting at the wing headquarters, building 23, to the Spangdahlem AB chapel, building 135. The guest speaker is Rev. Kevin Willis, Sr., Pastor of Riverside Missionary Baptist Church, Memphis, Tenn. For details, call Chaplain (Capt.) Corwin Smith at 452-6711/6281.

Upcoming Muslim holidays

Although calendars are printed for planning purposes, they are based on estimates of the visibility of the lunar crescent, and the Islamic month may actually start one to two days earlier or later than predicted. The next important Muslim holidays are:

- ♦ Wednesday through Feb. 9, 10:05 a.m., Dhul-Hijjah
 - ♦ Jan. 19, Hajj begins
 - ♦ Jan. 21, Eid Al-Adha begins
- For questions, clarification and meeting times and locations, call Staff Sgt. Hakan Duza-gadusmez at 452-9456 or e-mail him at his global address.

Club Eifel Happenings

The following events take place in Club Eifel. Call 452-6090 for more information.

Today

❑ **Stripes Lounge:** Club members enjoy drink specials and a variety of finger foods from 5-8 p.m. A DJ plays music from 9 p.m. to 1 a.m.

ECL: Commander's social begins at 5 p.m.

Monday

❑ Tap into the "Tower of Power," 100 ounces of beer, for \$10.95. All beer towers are \$2 off.

Tuesday

❑ T'n'T Tuesdays runs from 5-7 p.m. and features tacos and tequila specials.

❑ The prime rib feast takes place from 5-8 p.m. Cost for members for a medium cut is \$9.95 and \$12.95 for a large cut. Cost for non-members for a medium cut is \$12.95 and \$15.95 for a large cut.

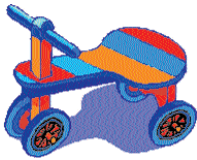
Wednesday

❑ Ladies' Night goes from 8-11 p.m. and features a DJ spinning the latest tunes. Beverages of choice are half price.

Thursday

❑ Bitburger stubbies are \$1 at the Stripes Lounge from 6-10 p.m., and karaoke night runs from 9 p.m. to 1 a.m.

Remember: M&M's Garage is now open evenings, from 5-9 p.m., each Wednesday through Friday.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Jan. 13. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Christmas with the Kranks (PG, 7 p.m.)

With their daughter away, two parents decide to skip Christmas altogether until she decides to come home, causing an uproar to celebrate the holidays at the last minute.

Alfie (R, 10 p.m.)

A cockney womanizer learns the hard way about the dangers of his actions.

Saturday

Christmas with the Kranks (7 p.m.)

Alexander (R, 10 p.m.)

Alexander, the King of Macedonia and one of the greatest military leaders in the history of warfare, conquers much of the known world.

Sunday

The Incredibles (PG, 4 p.m.)

A family of undercover superheroes, while trying to live the quiet suburban life, are forced into action to save the world.

Ray (PG-13, 7 p.m.)

Ray Charles went blind at the age of seven, but with the support of his determined, single mother, he developed incredible talent and discovered his own sound -- which revolutionized American popular music.

Monday

The Incredibles (7 p.m.)

Tuesday

Christmas with the Kranks (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

The SpongeBob SquarePants Movie (G, 7 p.m.)

SpongeBob SquarePants leaves Bikini Bottom in order to track down King Neptune's stolen crown.

I Heart Huckabees (R, 9:30 p.m.)

A husband-and-wife team play detective, and the happy duo helps others solve their existential issues.

Saturday

The SpongeBob SquarePants Movie (1:30 p.m.)

The SpongeBob SquarePants Movie (4 p.m.)

National Treasure (PG, 7 p.m.)

A treasure hunter is in hot pursuit of a mythical treasure that has been passed down for centuries, while his employer-turned-enemy is on the same path.

Sunday

The SpongeBob SquarePants Movie (1:30 p.m.)

National Treasure (4 p.m.)

The Grudge (PG-13, 7 p.m.)

An American living in Tokyo is exposed to a mysterious supernatural curse, one that locks a person in a powerful rage before claiming his or her life and spreading to another victim.

Closed Monday and Tuesday

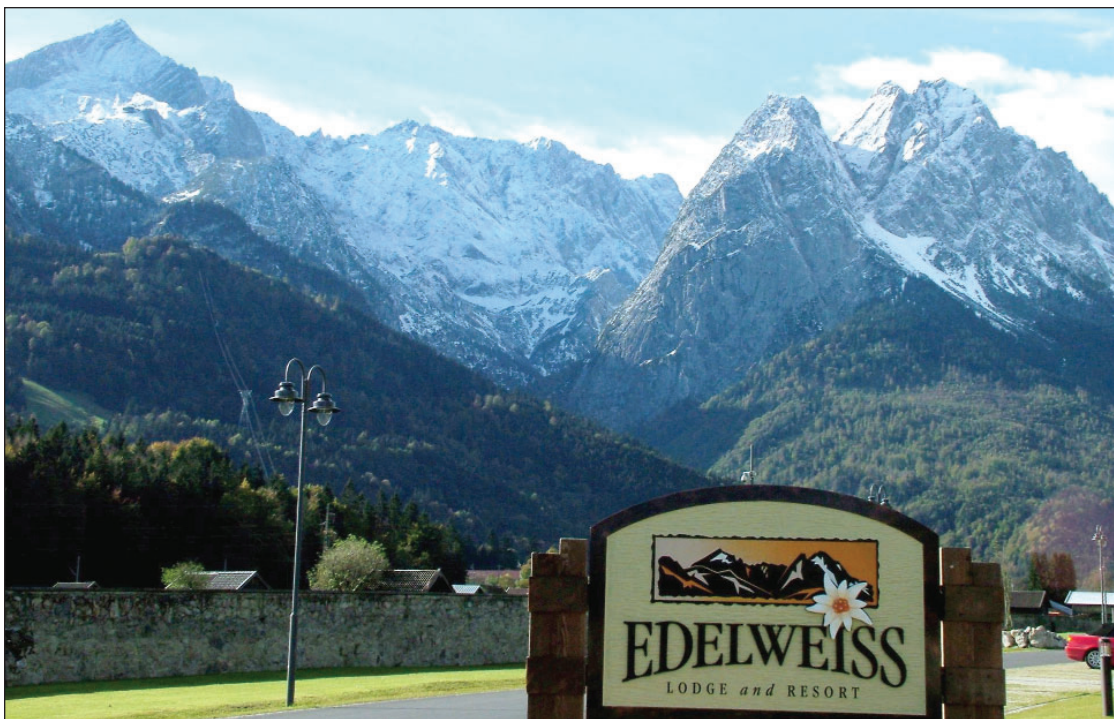
Wednesday

The SpongeBob SquarePants Movie (4 p.m.)

The Grudge (7 p.m.)

Thursday

National Treasure (7 p.m.)



Gary Sakura

The Armed Forces Recreation Centers in Europe officially opened the Edelweiss Lodge and Resort in September. The resort blends rustic wood and stone elements throughout the facility for a north woods feel in a modern and fresh hotel complex, surrounded by Alpine vistas and Bavarian culture.

A peak experience

Military, DoD civilians relax, enjoy outdoors in Bavaria

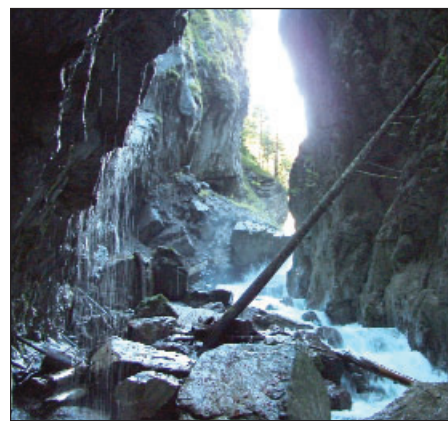
By Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

The hills are alive with the sound of ... cow bells -- that's right, cow bells. One of the most charming aspects of life in Garmisch, Germany, is sitting and watching the cows grazing in the fields and listening to their chunky cow bells clanking away -- back-dropped by a breathtaking Alpine view.

Cow bells can be music to the ears for people wishing for a little rest and relaxation in one of the most desirable destinations in the Bavarian Alps.

The Edelweiss Lodge and Resort in Garmisch is nestled among the Alps, near the Austrian border, and is a premier winter and summer recreation hot spot.

The resort delivers a blend of cultures and diverse amusements, creating a co-op for the body, mind and spirit. Here are a handful of leisure activities it offers through its Alpine Adventure program:



Gary Sakura

The Partnach Gorge is part of the Partnach River, which runs more than 2,000 feet between limestone walls that reach roughly 260 feet high. Visitors can walk along the rushing river and sneak behind waterfalls.

Daily tours

- ♦ Neuschwanstein Castle
- ♦ Linderhof Palace
- ♦ Partnach Gorge hike
- ♦ Horse and carriage rides

- ♦ Munich city and Dachau concentration camp
- ♦ Venice, Italy
- ♦ Three country tour
- ♦ Oktoberfest in September

Recreation programs

- ♦ Alpental golf course
- ♦ Rock climbing and rappelling
- ♦ Kayaking
- ♦ White-water rafting
- ♦ Paragliding tandem flights
- ♦ Hiking and biking in the Alps

Wellness center

- ♦ Indoor pool
- ♦ Fitness center with juice bar
- ♦ Massage therapy
- ♦ Wet and dry saunas

For more information regarding the Edelweiss Lodge and Resort, visit the Web site at www.edelweisslodgeandresort.com.

ITT Winter Travel

Information, Tickets and Travel has several trips planned for January and February. Below is a list of mini-trips available to Team Eifel members:

- ♦ **Jan. 21-22**, Payless tour to Florence, Italy, the cost is \$119 per person; the bus departs Spangdahlem AB at 6:30 p.m. and the Bitburg Annex at 7 p.m.
- ♦ **Jan. 22**, Cochem Medieval dinner, the cost is \$79 per person; the bus departs the Bitburg Annex at 4 p.m. and Spangdahlem AB at 4:30 p.m.
- ♦ **Jan. 28-29**, London Express, the cost is \$115 for adults and \$105 children ages 3-12; the bus departs Spangdahlem AB at 10 p.m. and the Bitburg Annex at 10:30 p.m.
- ♦ **Jan. 28-29**, Carnevale Express in Venice, Italy, the cost is \$125 per person; the bus departs Spangdahlem AB at 9 p.m. and the Bitburg Annex at 9:30 p.m.
- ♦ **Jan. 29**, Nurnberg and Dachau Concentration Camp, the cost is \$79 for adults and \$69 for children ages 3-12; the bus departs the Bitburg Annex at 1 a.m. and Spangdahlem AB at 1:30 a.m.

- ♦ **Feb. 4-5**, Carnevale Express in Venice, the cost is \$125 per person; the bus departs Spangdahlem AB at 9 p.m. and the Bitburg Annex at 9:30 p.m.

Upcoming trips throughout February:

- ♦ **Feb. 5**, Amsterdam Express
- ♦ **Feb. 7**, Rose Monday Carnevale Parade in Cologne
- ♦ **Feb. 11-12**, Karlsbad Crystal and Flea Market
- ♦ **Feb. 12**, Dinner and Wine Tasting
- ♦ **Feb. 12-13**, Best of Paris, one overnight
- ♦ **Feb. 18-19**, Prague City and Shopping Express
- ♦ **Feb. 19**, Payless tour to Strasbourg, France
- ♦ **Feb. 25-26**, Capital Berlin Express
- ♦ **Feb. 26**, Cochem medieval dinner
- ♦ **Feb. 26-27**, Best of Belgium, one overnight

Call the ITT office at 452-6567 for reservations and details.



Airman 1st Class Eydie Sakura

Center circle

Rob Thompson, 52nd Civil Engineer Squadron wing energy manager, number 44, and Johnny Collett, 38th Munitions Maintenance Group superintendent, number 25, jump for control of the ball during an over 30 basketball game Tuesday in the Skelton Memorial Fitness Center. The 52nd CES beat the 52nd Services Squadron 50-29. The over 30 basketball games take place each Tuesday and Thursday from 11 a.m. to 1 p.m. in the fitness center.

HAWC suggests slim, trim New Year

Staff reports

The term "weight creep" refers to the seemingly harmless weight gain of about one-and-a-half to two pounds per year. People may even have experienced it this past year.

Weight creep, left unchecked, contributes to the conditions of obesity and being overweight. The Centers for Disease Control and Prevention reports that nearly 65 percent of the U.S. adult population is either overweight or obese.

The very existence of overweight and obesity conditions, with their associated complications, contributes not only to higher health care costs and loss of productivity, but also costs lives.

Each year in the United States, roughly 400,000 adult deaths may be attributed to obesity. That is just a fraction behind tobacco use as the leading cause of death, which kills around 435,000 people annually.

Active duty Air Force members experience weight creep at a rate similar to that of the nation. The implications of this extra body weight extend into all areas of life – health, fitness,

overall wellness and force readiness.

Frequently at the holiday season, weight creep takes a quantum leap. In fact, half of all weight gained during the year takes place during the holidays. As can be expected, many individuals formulate New Year's resolutions that involve losing weight and getting in shape. While most New Year's resolutions begin with good intentions, without the right tools, motivation wanes so it is difficult to get the job done.

Many times, New Year's resolutions include the words "never, always, immediately, must." Those absolutes may be setting people up for failure. This year, rather than establishing resolutions without a planned approach, people should get involved with the base Health and Wellness Center and learn practical, safe tips and tools to help people get a handle on their weight.

Here are a few points to help set realistic goals to achieve and maintain a healthy weight:

- ♦ Think small and be specific. Only make one or two serious resolutions. Rather than saying, "I will lose weight," indicate the amount of weight and the time period.

- ♦ Try to make small, gradual changes, not drastic make-overs to a lifestyle pattern. This approach can help people achieve sustainable improvements. Remember, regular exercise along with a sensible diet is key to weight management.

- ♦ Take resolutions seriously, and take time to think about it and commit.

- ♦ A slip is not a fall. Keeping a New Year's resolution is not an all-or-nothing proposition.

- ♦ Develop a plan of action. The more prepared someone is, the better chances they have for success.

The HAWC is equipped with a knowledgeable staff and program to get people started on the right foot. For more information, call the HAWC at 452-6995 or 0656561-6995.

(Courtesy of the Spangdahlem Air Base Health and Wellness Center)



Sports Briefs

Intramural throw-down

Come out and watch the Spangdahlem AB New Year's intramural throw-down basketball tournament today through Sunday in the Skelton Memorial Fitness Center. The first game kicks off at 6 p.m. For details, call the fitness center at 452-6634.

Youth wrestling

The youth wrestling registration deadline is Jan. 15, and the cost is \$30 per child. Practices begin Jan. 18, and the season runs until March 31. A parents information meeting takes place Tuesday at the Spangdahlem AB Youth Center from 6-7 p.m., where practice schedules and other program details will be discussed. For details, call the youth center at 452-7545.

Youth soccer

The youth indoor soccer registration deadline is Jan. 15, and the cost per child is \$25. Practice begins Feb. 28, and the season runs until April 9. For convenience, a choice of two mandatory parent meetings take place Feb. 22 from 5-6:30 p.m. in the Bitburg Annex theater or Feb. 23 from 5-6:30 p.m. in the Spangdahlem AB theater. For more information, call the youth center at 452-7545.



Wingman Wednesdays

Team Eifel members are invited to come in with their wingman each Wednesday for circuit training from 3:30-4:30 p.m. on the basketball court in the Skelton Memorial Fitness Center. For details, call 452-6634/6251.

Soccer coaches needed

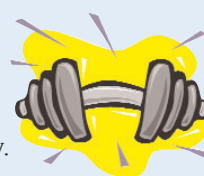
Make a difference in a young person's life. Volunteer to coach youth indoor soccer starting in February. People interested can apply at the Spangdahlem AB Youth Center, building 427, or at the Bitburg Annex Teen Center, building 58. Volunteers must attend a mandatory coaches training clinic Feb. 17 from 5-8 p.m. in the Spangdahlem AB Youth Center. For details, call the youth center at 452-7545 or 0656561-7545.

Rome Marathon

Join the Spangdahlem Marathon Team and run 26.2 miles in the upcoming Rome Marathon March 13 in Rome, Italy. Participants must begin training now for the spring run. For more information, call Capt. Jose Rivera at 452-6266 or the fitness center at 452-6634.

Personal training

Take advantage of a special holiday offer in the Spangdahlem AB fitness center. Receive \$5 off each individual training session purchased during the month of January. For more information, call Nicole Holt at 0656396-2144 or e-mail her at dnh@usa.com.



Dodge ball challenge

Create a team and be a part of the dodge ball challenge Feb. 17 at 3 p.m. in the Skelton Memorial Fitness Center. Teams can be a male and female mix of eight people. For more information, call Airman 1st Class Erica Gonzalez-Arispe at 452-6634/6251.

BHS basketball

The Bitburg High School Barons basketball teams play the Bamberg, Germany, Barons Jan. 14-15 in the Skelton Memorial Fitness Center. Jan. 14 is Hawaiian shirt night, and fans are encouraged to wear a Hawaiian shirt to the games. Below are the starting times:

- ♦ Jan. 14, girls junior varsity, 4 p.m.; boys junior varsity, 5:30 p.m.; girls varsity, 7 p.m.; boys varsity, 8:30 p.m.
- ♦ Jan. 15, girls junior varsity, 10 a.m.; boys junior varsity, 11:30 a.m.; girls varsity, 1 p.m.; boys varsity, 2:30 p.m.

Congratulations

The 52nd Communications Squadron captured the 2004-2005 Racquetball Championship Dec. 15 and beat out the 52nd Logistics Readiness Squadron, 11-5.

Squad members include:

- ♦ Robert Varkonyi
- ♦ Sergio Santos
- ♦ Thomas Avilucea
- ♦ Dan Bareau
- ♦ Carlos Dashiell
- ♦ Patricia Wilson
- ♦ Jeff Hartman

